

e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

Oct-November 2011

An Exit International publication • www.exitinternational.net

NEW NITROGEN SYSTEM

THE LAWFUL UNDETECTABLE ALTERNATIVE

After much time and research, Exit is pleased to announce that it has finally sourced a user-friendly methodology for a take-home supply system of compressed Nitrogen gas.

Until recently, helium has been the gas of choice by those seeking the option of a peaceful hypoxic death. To obtain this gas, Balloon-time helium cylinders have been acquired from stores such as Spotlight (in Australia), Tesco's (in the UK) and Walmart (in Nth America). While the Balloon-time cylinders have offered an anonymous, disposable means by which compressed helium

gas can be acquired and stored away, some problems with the system have emerged.

When stored for long periods, some folk have found their cylinders have leaked (for whatever reason). A half-full cylinder should be rejected and not used for self-deliverance. Some have even reported that on purchasing their cylinders, they have shown a lower pressure than the expected 220psi (1500kPa) of a full cylinder.

Another concern with Balloon Time cylinders has been the persistent

rumour that the manufacturer (Worthington) will soon add 10% oxygen to the helium in the cylinders. While this gas mixture will still work well floating balloons for a party, contamination of this nature would make it impossible to use for a hypoxic death. Indeed, following the tragic suicide of a young man in New Zealand using a Balloon-time cylinder, that country's coroner called for a mandatory introduction of oxygen to be added to disposable sources of helium. While this recommendation has been rejected for the time being, such changes are perhaps only a matter of time.

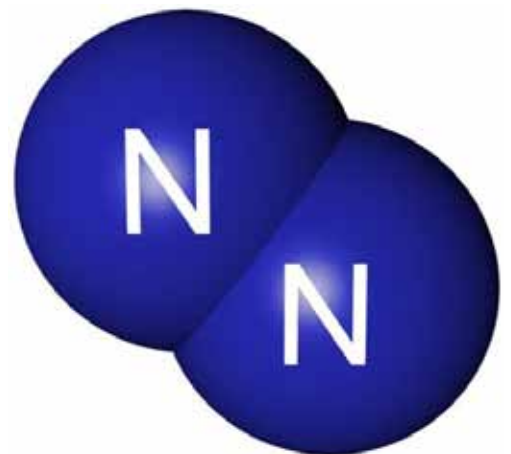
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The Max Dog Brewing Nitrogen system sourced by Exit International



A hypoxic death involving Nitrogen gas is 100% lawful & undetectable

AMANDA MCCLURE TO LEAVE EXIT AFTER 10 YEARS SERVICE

AFTER more than a decade with Exit, our nurse, receptionist and Jill of all trades, Amanda McClure, is leaving for a fresh take at nursing and aged care. Amanda gave notice to Exit at the beginning of the year. But, as was her caring and considerate way, she said she would not leave until the right person could be found to replace her.

The search for precisely the right person has taken some time. However, in September that special person was finally found (see below). Over her years with Philip and with Exit, Amanda gained many phone friends. She was the familiar, warm and trusting voice of our small organisation. She will be very missed. Exit is grateful that she is to stay on in a consulting capacity when and where the budget allows. We wish her all the best for her return to nursing. The door at Exit will always be open to her should she wish to return.



*Amanda McClure (centre with halo) singing 'Advance Euthanasia Fair' with Exit members in the foyer of Parliament House Canberra
Exit Day of Shame Rally - 27 March 2007*

EXIT WELCOMES DEE KEIJZER AS OUR NEW NURSE

EXIT IS very excited to introduce our new Registered Nurse and Exit receptionist / trouble-shooter, Dee Keijzer. Dee has been involved with Exit for the past three years in her role as coordinator of the Blue Mountains Chapter outside of Sydney.

Originally from the Netherlands, Dee migrated to Australia in the early 1960s with her family and speaks both Dutch and English. Growing up in Sydney, she completed her nursing training at Manly District Hospital, coming eventually to work in midwifery. Upon leaving the hospital, Dee worked in a number of different nursing fields, including Aboriginal child health on the Pitjantjantjara lands in northern South Australia.

Until 2007 Dee operated her own midwifery service, believing strongly in a woman's right to choose how to give birth. After a visit to Darwin for training and hand-over with Amanda, Dee began at Exit on Monday 17 October.

Dee lives in Katoomba with her Jack Russell, Bertie. Exit warmly welcomes Dee and Bertie to our team. We hope members will do the same. Dee can be contacted by phone on 1300 10 3948 or by email at: dee@exitinternational.net



Dee at her home in the Blue Mountains with Bertie

TGA UPDATE

The process by which Exit Director, Dr Philip Nitschke, is looking to prescribe Nembutal as a nocturnal sedative for several of his terminally ill patients was never going to be easy. No Australian doctor had ever ventured down this path before and it fell to Dr Nitschke to establish how this could be done lawfully and what approvals, if any, would need to be obtained in the process.

Exit needed to look carefully at the role of the TGA in the Special Access Scheme designed for the purpose of allowing the use of unregistered medicines for Category A patients. Category 'A' patients are those so seriously ill that they are expected to die within a few months. According to the TGA, Category A allows for the use of unregistered medicines as long as the prescription of such drugs is in accordance with 'good medical practice'. In these specific cases, there is no requirement for the TGA to approve the use of the drugs.

So while the media reported that the TGA "granted approval" for Dr Nitschke to import and prescribe Nembutal, for the above reasons this was not strictly accurate. And neither did Exit ever state that the TGA would approve any such action, rather that they were being kept informed of Exit's plan to import.

On a more serious note, the challenge of defining the use of Sodium Pentobarbital (Nembutal) as a sleeping agent for terminally ill patients as 'good medical practice' was always going to be a critical hurdle to overcome. Not surprisingly, this has led to delays in plans to import, while Exit seeks high



Nembutal capsules were once referred to as 'pink ladies'

level legal advice and undertakes an extensive literature reviews of the available medical and scientific evidence to support the case.

While the outcome of these discussions and research are pending, Dr Nitschke has moved ahead with identifying a supply source of pharmaceutical (opposed to veterinary) grade Sodium Pentobarbital. A supplier of the barbiturate has been located in Switzerland where assisted suicide is lawful and where Nembutal is the drug of choice by those involved.

In Australia, of course, it is Dr Nitschke's intention to prescribe the barbiturate as a sleeping tablet, not as a euthanasia agent. Indeed this was the original purpose for which Nembutal was first marketed by Bayer in 1904. Advertisements from the 1950s show the drug had wide acceptance with the company even offering free samples by mail. Back then Nembutal was also a common panacea for teething infants.



Where terminally ill people are concerned, anecdotal evidence continues to show that once a dying patient has access to this drug (for whatever reason), they are likely to stop worrying and live longer; and more likely to die of their disease. A paradox perhaps? This benefit is just as likely to occur when the drug is prescribed for sleep.

In the coming weeks, Exit will continue to work through the various legal and medical hurdles needed to be overcome before the importation and prescription of the sodium pentobarbital takes place. This is not a process to be rushed. Of the two patients of which the TGA has been notified, (one in Victor Harbour, SA and the other in Sydney), both realise that the strategy to use the TGA's Special Access Scheme is a long term project, and may not be in place in time for them to benefit. To this end, both have attempted to 'make other arrangements' to give them a modicum of control at their end of life. Meanwhile new patients continue to come forward wanting to be considered for the scheme.

FESTIVAL OF DANGEROUS IDEAS

The Festival of Dangerous Ideas at the Sydney Opera House over the October long weekend proved to be just as exciting as its provocative name suggested.

In front of sell-out crowds, Dr Philip Nitschke with Dr Simon Longstaff discussed the politicised process by which *The Peaceful Pill Handbook* came to be banned in Australia, including the role of then Attorney General Philip Ruddock.

In a second session entitled 'On Second Thoughts', Dr Nitschke was joined by former Democrats MP Cheryl Kernot who spoke about her decision to quit the Democrats and join the Australian Parliamentary Labor Party. The third panelist was businessman and social entrepreneur, Dick Smith, who spoke about his change of heart in regard to population and economic growth. For a man who has become very wealthy from growth in both, Dick is now an ardent proponent of population containment and a harsh critic of an unrestrained economic boom.

Dr Nitschke chose to speak about his about-face on depression. Philip noted that depression is now a catch-all phrase to describe all manner of society's ills. That depression is increasingly used as an excuse for why certain people behave in a certain way he finds unpalatable.

Depression, Philip told the audience, is not in his opinion everywhere as it is often argued. Nor is it a psychiatric disease that always needs cure. In relation to the VE issue, depression has little to do with informed end-of-life decisions. Philip focused on the 'Twinkies Defence' - a quaint legal argument whereby Dan White, the killer of gay rights advocate Harvey Milk, argued that he committed murder because of a change of diet to 'Twinkies' which had made him depressed. What rubbish is this? But it is what can happen when the powerful medical/depression industry takes hold.



Festival of Dangerous Ideas



Book signing after 'Too Dangerous to Read'

TGA SCHEME

DESPITE some flamboyant media headlines, my plan to import Nembutal for administration to patients as a nocturnal sleeping agent is taking shape. In this respect I have found the Therapeutic Goods Administration to be helpful in steering me through the regulatory process as it applies to Category A patients. The dilemma that I and another Sydney doctor are now facing is whether there is a case to be made for the use of sodium pentobarbital as a sleeping medication for terminally ill patients. A literature review is showing that while, in the past, Nembutal was highly regarded in general medicine, it has now been largely superseded. In regard to barbiturates more broadly, it is Nembutal's counterpart sodium phenobarbital that has established itself as a common and well-regarded sleep agent. That phenobarb (as it commonly called) is soon to be removed from the prescribing schedule in Australia suggests that it is not only Nembutal which could be imported for purposes such as those we are pursuing.

As argued on page 3 of this newsletter, use of the Special Access Scheme of the TGA is by its nature a long-term plan; something we had not fully appreciated in the beginning. The importance of acting within the law in any importation is key. This is why the process is best not rushed. I realise terminally ill patients do not have time on their side and for this reason, I still recommend that Exit members prepare ahead, just in case serious illness should strike. In the absence of good euthanasia legislation, looking after yourself continues to make a lot of sense.

SOUTH AUSTRALIAN LAW UPDATE

As this edition of *Deliverance* goes to press, the South Australian Parliament has been debating Labor MP Steph Key's Criminal Law Consolidation (Medical Defences - End of Life Arrangements) Amendment Bill 2011 before it is put to a third reading (and vote) in the House of Assembly. During the two-hour debate which took place on Thursday 20 October, pro-life politicians attempted to pass myriad amendments intended to strip the bill of its integrity and intention. This is a pity since the bill is an important progressive step towards doctor-patient honesty in this state's health system. More than this, if passed the Key Bill provides a model for other states to follow. At its heart, the Key Bill would allow a doctor a defence should

they find themselves attracting the attention of the Director of Public Prosecution following the death of a patient. The Bill would enable doctors to avoid the semantic sophistry known as the 'Doctrine of Double Effect'; that is, when a patient dies after a long and continual increase of drugs, the doctor claims that they were only treating the patient's pain and that they had no intention of assisting the patient to die.

The Key Bill would allow doctor and patient to speak honestly for the first time. In this regard the Bill would allow the treating doctor a defence if:

- b) the defendant believed on reasonable grounds that the person was an adult person of sound mind who was suffering from an illness, injury or other medical condition that irreversibly impaired the person's quality of life so that life had become intolerable to that person (the qualifying illness); and
- c) the conduct to which the charge relates occurred at the express request of the person; and
- d) the conduct to which the charge relates was, in all the circumstances, a reasonable response to the suffering of the person.

Exit remains strongly supportive of Steph Key and commends her courage in putting such a Bill forward. The vote is now expected in early November. Exit will report on events as they happen via Twitter and the Exit website. Meanwhile the Exit homepage features my recent opinion article that was published in *The Advertiser* here in Adelaide in response to the Australian Medical Association's rejection of the Key Bill. As they did in Darwin back in 1996, the AMA thinks it knows best for patients. I, and many other doctors, disagree. My article explains why.

POLICE VISITS CONTINUE

It was with some concern this month that Exit learned of a further unsolicited police visit to a terminally ill Exit member after he unsuccessfully tried to import Chinese Nembutal into Australia. A home visit on a Saturday to 'check on your welfare' was certainly odd. The suggestion by the police that the member 'may hear from Customs' was equally strange. As was their assertion 'but we don't know anything about that'. 'Curiouser and curiouser' as Alice once said.

2011 UK WINTER TOUR - BOOKINGS OPEN

There has been a change of city & venue for Exit's 4th UK meeting. The meeting will now take place in York NOT Harrogate as previously advised. Exit Public Meetings (1st hour) are open to all. Exit Workshops (following) are open to Exit members & others aged 50 years or over & of sound mind. Bookings are advised.



LONDON

Saturday 12 November, 2.15-6pm
Dragon Hall
17 Stukeley St, WC2B 5LT

EASTBOURNE

Monday 14 November,
10am-2pm
Riviera Hotel
26 Marine Pde
Eastbourne, BN22 7AY

EDINBURGH

Saturday 19 November, 2.15-6pm
St Marks Artspace
7 Castle Tce, EH1 2DP

YORK

Monday 21 November, 11 - 3pm
The Priority Centre
15 Priory St
York YO1 6ET

**TO BOOK, PLEASE CALL TOM CURRAN ON
02071-931-557 OR EMAIL
CONTACT@EXITINTERNATIONAL.NET**

**WORKSHOPS ARE FREE TO MEMBERS
£40 FOR THE PUBLIC
£25 FOR PPEH SUBSCRIBERS**

EXIT MEMBERSHIP IS £62 PER YEAR

2011 - 12 AUSTRALIAN SUMMER TOUR



Gold Coast, Queensland Australia

Saturday 5 November, 1 - 5pm
Carrara Community Centre,
Nielsens Rd, Carrara

Adelaide, SA

Wednesday 7 December, 1 - 5pm
Burnside Community Centre
Portrush Rd, Tusmore

Blue Mountains, NSW

Tuesday 13 December,
10.30am - 2.30pm
Masonic Hall
Station St
Katoomba

Newcastle, NSW

Friday 16 December, 9am - 1pm
Trades Hall
King St, Newcastle

Perth, WA

Wednesday 25 January, 9 - 1pm
Wembley Community Centre
40 Alexander St
Wembley WA 6014

Sydney, NSW

Tuesday 31 January, 1 - 5pm
Auditorium
Dougherty Community Centre
7 Victor St, Chatswood

Brisbane, Qld

Saturday 4 February, 1 - 5pm
Kurilpa Hall
174 Boundary St, West End

Bundaberg Qld

Tuesday 7 February, 1 - 5pm
Supper Room, Civic Centre
190 Bourbong St, Bundaberg

Melbourne, Vic

Saturday 11 February, 1 - 5pm
Toorak Library
Toorak Rd, Sth Yarra

Launceston, Tas

Thursday 16 February, 1 - 5pm
Launceston City Library
71 Civic Square
Launceston TAS 7250

**TO BOOK, PLEASE RETURN THE FORM OR
CALL: 1300 10 3948 (EXIT)
EMAIL: CONTACT@EXITINTERNATIONAL.NET**

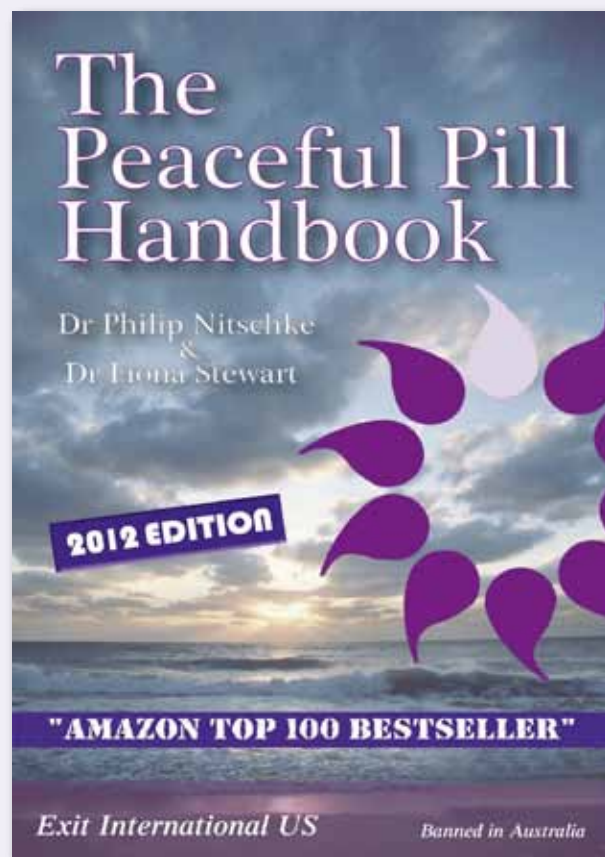
**WORKSHOPS ARE FREE TO MEMBERS,
\$88 (INC \$8 GST) FOR THE PUBLIC
\$44 FOR PPEH SUBSCRIBERS.**

2012 EDITION OF PRINT PPH NEW PRINT EDITION NOW AVAILABLE

For a fifth year, October has become the month of the annual update to the print version of *The Peaceful Pill Handbook*. This year represents the most comprehensive re-write ever. The new 2012 edition contains four complete chapters on the barbiturates ranging from online and offline sources to testing, manufacture and administration. It also contains the most recent published updates made to the online *eHandbook* including the use of Nitrogen, the new chapter on Detergent Deaths and an update on the Swiss option.

The Peaceful Pill Handbook (2012) is available by mailorder. Call the Exit on 1300 10 3948 (EXIT) for an order form or order online at www.peacefulpill.com or Amazon.com.

'I live in the midwest USA. I recently contacted Dorian via the information in the PPH and was successfully able to purchase 2 bottles of Nembutal. He was very prompt and professional throughout the transaction, which took slightly more than 3 weeks' - Jason, USA



I successfully obtained powdered Nembutal from China (12 gm). They were professional and quick to respond, cost US\$260 inc p&p'. - Gertrude, UK

NEW NITROGEN SYSTEM (CONT)

Another concern is the increased use of tests at autopsy to search for the presence of helium, something which is not possible with nitrogen. If helium is detected, the cause of death is established, and the death certificate will state 'suicide'. While some people won't mind, others who have chosen the hypoxic Exit Bag method because it is the only method that avoids detection, certainly will.

For these reasons, Exit has sourced light-weight, portable high pressure aluminium cylinders which will soon be made available, full of >99.5% nitrogen, through Max Dog Brewing. This product is also used in home brewing.

The new cylinders are 18" high and made from light-weight aluminium making them highly portable and very discrete. The cylinders will contain ~400 litres of nitrogen gas and be supplied with an easy-to-read gauge and flow control set to the optimal 20 litres/min. While the retail price will be higher than the Balloon Time the benefits are significant:

- **Totally undetectable death**
- **Certainty of fullness of cylinders at time purchase**
- **Refillable cylinders**
- **Indefinite storage life**
- **No contamination of the gas with oxygen**
- **100% Lawful alternative**

Watch *Deliverance* for the exact launch date and details.

EXIT INTERNATIONAL STORE (US)

Mail Order: Box 4250 Bellingham WA 98227 USA Fax 1-360-844-1501 Phone: 1-248-809-4435



2012 Print Edition - **The Peaceful Pill Handbook** (ONLY available from Exit US)
Within US: US\$30 (includes shipping)
Rest of World: US\$40 (includes shipping)



Killing Me Softly (2nd Edition)
Within US: US\$30 (includes shipping)
VE & the **Road to the Peaceful Pill**
Rest of World: US\$40 (includes shipping)

EXIT INTERNATIONAL ONLINE STORE - WWW.PEACEFULPILL.COM



Exit Drug Test Kit
Price: Australia US\$65 (incl GST \$5)
Rest of World: US\$80 (includes shipping)



Exit Gas Flow Control Kit & Pressure Gauge
(now sold as one unit)

Price: Australia US\$143 + \$8.70 express post shipping, inc GST
Rest of World: US\$140 + \$40 shipping
- DHL express courier



The Peaceful Pill eHandbook (online edition)
Price: US\$85 (incl 24 months of updates)
INSTANT ACCESS - UPDATED 6x YEAR



Mademoiselle & the Doctor (She didn't want to turn 80) Global Price: AUD\$40 (incl GST \$3.50) (includes airmail shipping)

Join / Renew Membership of Exit International

I wish to join/ rejoin/ donate to Exit International

(12 Months: Aust - AUD\$110 inc GST \$10; US/Canada US\$100; UK/ Irel £62/ €73) Life membership - \$1000

Please send me the paperwork to consider Exit International in my Will

First Name _____

Last Name _____

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I am paying \$ _____ for _____

Payment Options: Visa /Mastercard _____

Credit Card No _____

Name on Card _____

Signature _____

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